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Wednesday, January 27, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

CHLOE GRACE MORETZ STRIKES BACK

The teen '5th Wave' star takes on an alien invasion. 21

What's on millennial homeowners' wish lists. 25

Rangers midseason report card. 28-29

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CHILL OUT!

Cool down the snow rage, a psychologist says. The snow will melt eventually. 8-9

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UN PEACE TALKS INVITE

1 The United Nations invited Syria's government and opposition to peace talks in Geneva, but it remained unclear whether Saudi-backed opponents of President Bashar al-Assad would overcome their objections to taking part. The U.N. Special Envoy for Syria, Staffan de Mistura, sent out invitations to the delayed talks on Tuesday, without saying who had been invited or how many groups might participate. REUTERS

US ZIKA TREATMENT

2 U.S. health officials issued interim guidelines for health care professionals in the United States caring for infants born to mothers who traveled or lived in an area with Zika virus transmission during pregnancy. The guidelines from the U.S. Centers for Disease Control and Prevention call for pediatricians to work closely with obstetricians caring for pregnant women exposed to the virus during pregnancy, monitoring fetal ultrasounds and testing infants with signs of a birth defect called microcephaly marked by small head size. REUTERS

SLOW IPHONE SALES

3 Apple is expected to report a 1.3 percent increase in iPhone sales in the holiday quarter, its slowest ever and a far cry from the double-digit growth investors come to expect. Apple sold 75.5 million iPhones in the October-December quarter, according to research firm FactSet StreetAccount, 1 million more than what was sold in the year-ago quarter. REUTERS

7 THINGS YOU NEED TO KNOW

COPS HELP DELIVER BABY

7 An NYPD detective helped deliver a baby on the shoulder of the FDR Drive near the United Nations yesterday, police said. Detective Michael Sharpe of the Collision Investigation Squad responded to a call of a woman in labor at the FDR and East 20th Street but found nothing there. He searched farther up the highway and found a car parked on the shoulder. In it, a woman was in labor and the child's father was on the phone with 911, receiving instructions on child delivery, cops said. The the two nen helped deliver a healthy baby boy.

MAIN PHOTO BY NYPD, ALL PHOTOS BY GETTY IMAGES

NJ MAN FOUND DEAD

HOBOKEN POLICE

4 The search for a missing Hoboken man who was last seen during this weekend's massive snowstorm has ended after his body was pulled from the Hudson River. Matthew Genovese's body was recovered Tuesday about 50 feet from the Hudson River shore. There were no signs of foul play, police said. CRISTABELLE TUMOLA

ACTIVISTS INDICTED

5 Two anti-abortion activists behind the filming of videos on fetal tissue procurement by Planned Parenthood were indicted by a Texas grand jury on Monday, while clearing the women's health group of any wrongdoing. The videos released last summer led Texas and other Republican-controlled states to try to halt funding for local Planned Parenthood operations, with Republicans in the U.S. Congress also pushing for a funding cut. The grand jury reviewed the case for more than two months and its decision was a result of a probe launched last year. REUTERS

FDNY BOSS' SNOW JOB

6 FDNY Commissioner Daniel Nigro is receiving scrutiny after allegations have emerged that at least eight firefighters were dispatched to his Whitestone home to clear a path to the street following this weekend's blizzard. On Sunday morning, Nigro instructed two FDNY crews to shovel a clearing through snow on his property that was blocking his access to the street, the New York Post reported. JASON NUCKOLLS

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A city plow truck GETTY IMAGES

$2.5M per inch to clear snow, ice last year: Report

Between 2003 and 2015, the average cost per inch to remove snow and ice was $1.9 million.

ANGY ALTAMIRANO
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Although it is still too early to know how much Winter Storm Jonas is going to cost the Big Apple — with a record 26.8 inches of snowfall — one report shows that last year the city spent more than $2 million per inch to remove snow and ice.

City Comptroller Scott Stringer released his report "The Slippery Cost Slope of Ice and Snow Removal in New York City" late Monday where he detailed the cost of snow and ice removal for the city in the last 13 years.

According to the report, in 2015 it cost the city $2.5 million per inch to clear 47.5 inches of snow and ice — the third highest over more than a decade.

From Fiscal Year 2003 to 2015 the average cost per inch to remove snow and ice was $1.9 million.

"Removing snow can be a budgetary blizzard with costs that can reach into the millions on a per-inch basis," Stringer said. "Last year the cost per inch to plow snow and ice was higher than average, but a lot goes into making sure our streets are clear — from salt stockpiles to personnel costs to the number of inches of snow that falls."

During the 13-year time period, which in total saw an annual average cost of $60 million, the lowest annual cost was $25.4 million in 2008 and the highest was $130.7 million in 2014.

Each year there is a budgeted amount the city puts forth to deal with costs for ice and snow removal, this number is based on the average amount spent in the preceding five fiscal years.

The amount includes personal services cost for overtime and for work done on Sundays and holidays — excluding regular salaries and wages.

Even though there is a budget set, it is rarely the amount actually used when it comes to snow and ice removal, according to the report. The budget is normally updated to match actual expenses.

The city also acquires "Other than Personal Services" costs — such as general supplies, materials and outside contracting for snow-removal services. In 2011 the city spent $48.9 million to clear 61.5 inches of ice and snow through the fiscal year and the lowest number was $14.3 million in the 2008 fiscal year.

Also, although the city's expenses for the removal caries depending on snowfall amounts, costs can still be acquired even with little to no snowfall. This includes pre-salting and the mobilization of the Department of Sanitation's crews and equipment based on weather forecast.

Between 2003 to 2014, annual snowfall totals were an average of 35.9 inches per year, with the high in 2011 of 61.5 inches and a low of 6.8 inches in 2012.

Cost of snow removal

Average 2003-2015:

$60M

Lowest: 2008: $25.4 million

Highest: 2014: $130.7 million

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U.S. State Silver Bars go to residents in 6 states

U.S. residents who find their state listed below in bold get first dibs at just the $57 minimum set for state residents while all non state residents must pay $134, if any silver bars remain

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NATIONWIDE – The phone lines are ringing off the hook.

That's because U.S. State Silver Bars sealed away in State Vault Bricks are being handed over to NY, VT, MA, NJ, CT and PA residents at just the state minimum set by the Lincoln Treasury for the next 2 days.

This is not a misprint. For the next 2 days residents who find their state on the Distribution List above in bold are getting individual State Silver Bars at just the state minimum of $57 set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five U.S. State Silver Bars before they're all gone.

And here's the best part. Every NY, VT, MA, NJ, CT and PA resident who gets at least two Vault Bricks is also

(Continued on next page)

COURTESY: LINCOLN TREASURY

PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

(Continued from previous page)

getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Just a few weeks ago, nobody knew that the only U.S. State Silver Bars locked away in the private vaults of the Lincoln Treasury would be allocated to the Federated Mint for a limited release to residents in 6 states. Every single one of the 50 U.S. State Silver Bars are date numbered in the order they ratified the Constitution and were admitted into the Union beginning in the late 1700s.

"As Executive Advisor to the Lincoln Treasury I get paid to deliver breaking news. So, for anyone who hasn't heard yet, highly collectable U.S. State Silver Bars are now being handed over at just the state minimum set by the Lincoln Treasury to residents in 6 states who beat the offer deadline, which is why I pushed for this announcement to be widely advertised," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"These bars are solid .999 pure fine silver and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

There's one thing Withrow wants to make very clear. State residents only have two days to call the Toll Free Order Hotlines to get the U.S. State Silver Bars.

"These valuable U.S. State Silver Bars are impossible to get at banks, credit unions or the U.S. Mint. In fact, they're only being handed over at state minimum set by the Lincoln Treasury to NY, VT, MA, NJ, CT and PA residents who call the Toll Free Hotline before the deadline ends two days from today's publication date", said Timothy J. Shissler, Executive Director of Vault Operations at the private Lincoln Treasury.

To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

"We're bracing for all the calls and doing everything we can to make sure no one gets left out, but the U.S. State Silver Bars are only being handed over at just the state resident minimum set by the Lincoln Treasury for the next two days or until they're all gone, whichever comes first. For now, residents can get the U.S. State Silver Bars at just the state minimum set by the Lincoln Treasury as long as they call before the order deadline ends," confirmed Shissler.

"With so many state residents trying to get these U.S. State Silver Bars, lines are busy so keep trying. All calls will be answered," Shissler said. ■

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2. CALL THE NON-RESIDENT TOLL FREE HOTLINE BEGINNING AT 11:00AM AT: **1-866-964-3393 EXT.FMS670**
3. IF YOU ARE A U.S. RESIDENT LIVING OUTSIDE OF THE STATES OF NY, VT, MA, NJ, CT OR PA YOU ARE REQUIRED TO PAY $134 FOR EACH STATE SILVER BAR FOR A TOTAL OF SIX HUNDRED SEVENTY DOLLARS PLUS SHIPPING AND HANDLING FOR EACH SEALED STATE VAULT BRICK LOADED WITH FIVE U.S. STATE SILVER BARS. THIS SAME OFFER MAY BE MADE AT A LATER DATE OR IN A DIFFERENT GEOGRAPHIC LOCATION.

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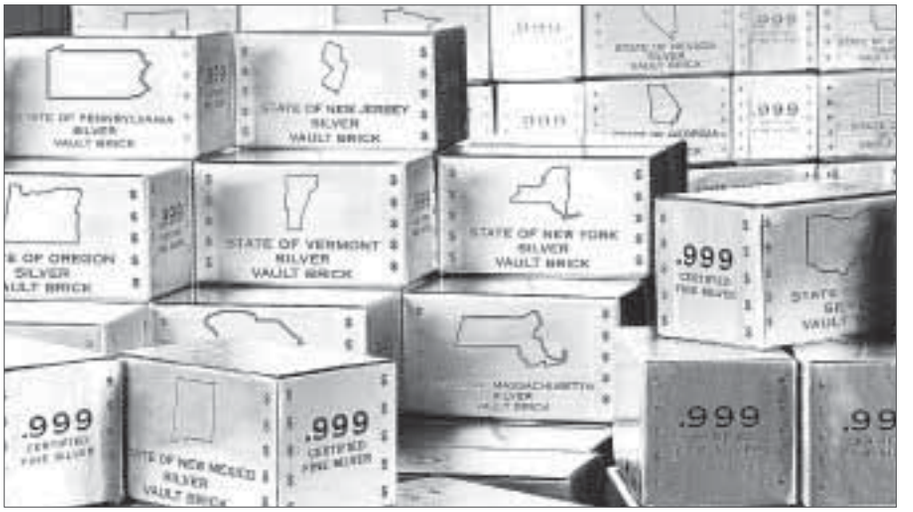


■ **A SNEAK PEAK INSIDE SILVER VAULT BRICKS:** Pictured left reveals for the very first time the valuable .999 pure fine silver bars inside each State Silver Vault Brick. Pictured right are the State Silver Vault Bricks containing the only U.S. State Silver Bars known to exist with the double forged state proclamation. NY, VT, MA, NJ, CT and PA residents are authorized to get individual State Silver Bars at just $57 state resident minimum set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five State Silver Bars before they're all gone. And here's the best part. Every resident who gets at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Dating app use surges during blizzard

There's snow time like the present. FLICKR

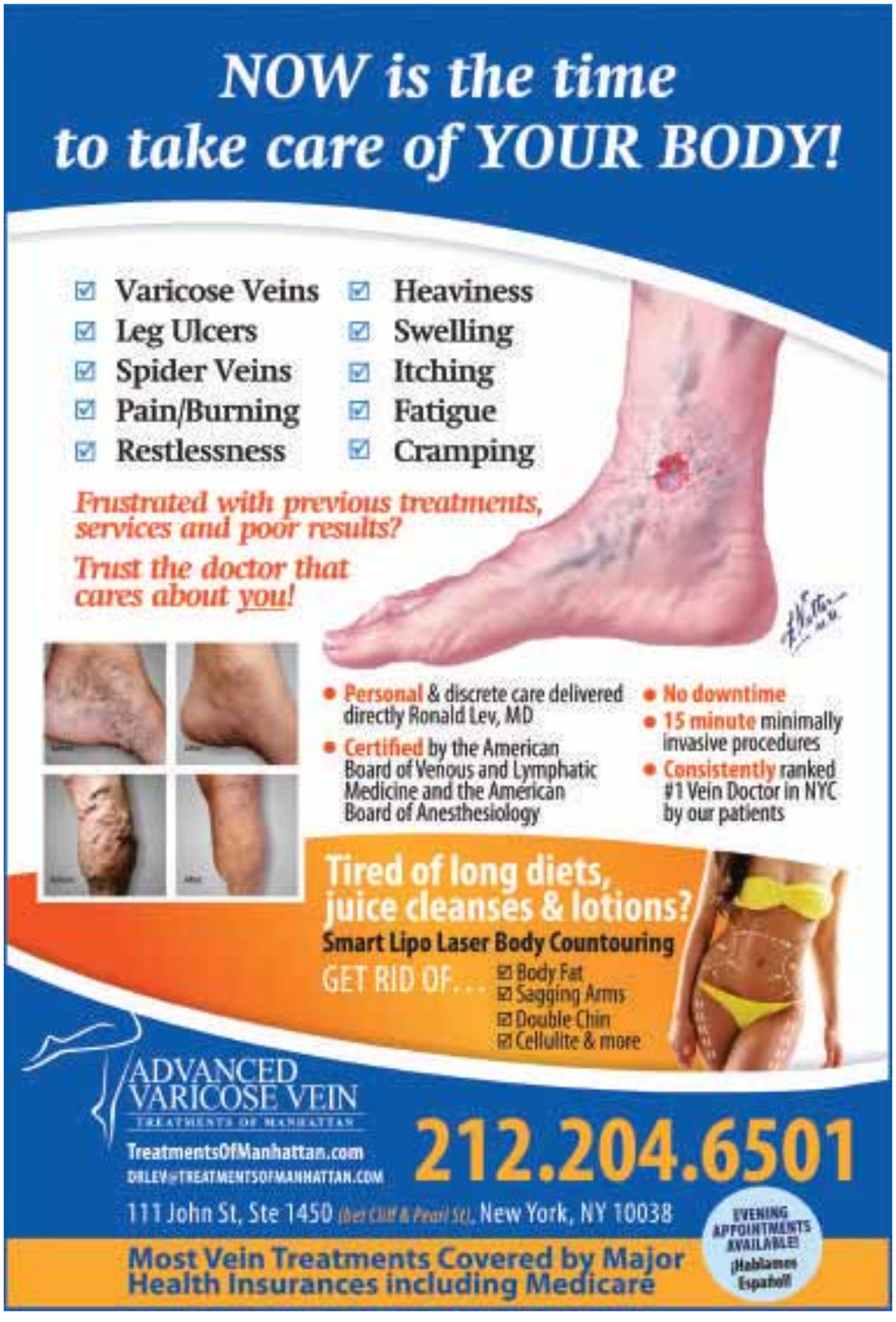
Blizzard-struck New Yorkers spent the weekend looking for their significant others as at least one dating app showed a drastic increase in use during the inclement weather.

Happn, a French dating app that matches users based on how regularly they cross paths, reported a 139 percent increase in messaging and a 66 percent increase in likes this past Saturday in New York compared with the previous Saturday, Fox reported. Snow-plagued Philadelphia also saw an increase, with messaging up 342 percent and likes up 95 percent.

139%
INCREASE IN HAPPN MESSAGING

Happn also stated that, during the blizzard, new user signups were up 43 percent, according to ABC. Happn is currently used by more than 10 million people in 35 cities around the world, up from just 1.6 million people who used the app one year ago, Fox added.

JASON NUCKOLLS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Control

Dig into the snow, not your latent rage. GETTY IMAGES

"In the absence of a clear outlet, you find aggression," said psychologist Frank Farley.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

The days following this weekend's snowstorm have not been a winter wonderland for everyone, with reports of violent responses in several cities. And although it might be difficult to keep a cool head, one expert says calm down — snow eventually melts.

Winter Storm Jonas has caused residents throughout the northeast to alter their every day lives with many having to spend hours digging out cars, having to find alternate transportation options, and walking through narrow sidewalks.

In New York City, parents and teachers were frustrated with commuting to school on Monday and residents in the borough of Queens felt forgotten with some of their streets covered in snows days after the storm.

However, for some, the frustration has been too much and has resulted in violent reactions.

In one incident, a man in Boston was reportedly shot over a parking space and over the weekend, Newark police arrested a woman who allegedly arranged to have a man shot for using her snow shovel.

According to Frank Farley, a psychologist at Temple University and former president of the American Psychological Association, feeling angry after such a storm is normal because, for the majority of Americans, being told to slow down just doesn't cut it.

"Mother Nature is messing with America and its cars and its jobs and its mobility and so we don't like it," Farley said. "So where do we

your rage

the snow will melt ... eventually

lay the blame and what do we do? In the absence of a clear outlet, you find aggression."

And although feeling frustrated is normal, Farley — who called the violent incidents a post-storm purge — added that in some cases when individuals already have a low level of self-control, their minds go toward doing damage and doing harm.

He also said that unfortunately, we currently live in an era where it is hard for some people to hold back on what they say and do.

"People will get mad and in some cases, if they already have a low level of self-control, they just may do damage, do harm," Farley said. "It's everything. It's retribution, it's anger, it's lashing out. It's a personal purge."

According to Farley, instead of freaking out or getting angry, people should instead take this time as an opportunity to get things done. For example, read a book, catch up on that television show you have been missing, or give a call to a friend you haven't spoken to in a while.

Another tip: Help out your neighbor. This act allows a person to feel a sense of generosity, which will wash over any negative feelings.

> *"Mother Nature is messing with America and its cars and its jobs and its mobility and so we don't like it."*
>
> Farley

"One of the important things in life is not so much the events that are troubling you, it's how you interpret them," Farley said. "Turn it into an opportunity for things that you haven't had a chance to do."

And although for some people it is hard to prevent them from lashing out in violence, Farley said that he advises most people — who find themselves in a moment of anger or hostility — to just breathe and cool off.

He added that what people should begin to think about are their actions and whether acting out or taking any further steps would actually be a good idea in the long run.

"If you can, just walk away," Farley said. "When you do it and you exercise self-restraint and self-control you are actually making yourself a strong person. Someone who can withstand tough times."

And at the end of the day, although the next few days will be messy and chaotic, Farley says, things will eventually return to normal.

"The amazing thing about snow is it melts," he said. "This will pass."

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• HSE English	T, TH	02/09-04/28/16	6pm-9pm
• HSE Spanish	M, W	02/08-05/02/16	9:30-12:30pm
• HSE Spanish	M, W	02/08-05/02/16	6pm-9pm
Enrichment Program			
• Actuacion para Cine	SAT	02/20-0430/16	6pm-9pm
• Politics & Government	WED	02/10-04/20/16	7pm-9pm
• Event Planning	SAT	02/06-04/09/16	1pm-5pm
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Thefts at 14 nail salons

Police are looking for a woman wanted in connection with a total of 14 thefts at nail salons in Queens, Brooklyn and the Bronx dating back to September.

The pattern began on Sept. 29 at about 12:20 p.m. at a nail salon at 79-2 Parsons Blvd. when the suspect went into the salon and took a victim's purse — containing credit cards and $100 — from under a desk, according to authorities.

For the next four months, the same suspect struck 13 more nails salons. The most recent was Jan. 7 in Richmond Hill, Queens.

Police describe the suspect as a black woman, between 20 to 30 years old, medium build with shoulder-length black hair.

She was last seen wearing a black coat with dark colored pants.

The suspect PROVIDED

Cops said she often carries a large light-colored purse or a large black purse with neon green straps.

Authorities have released photos and video of the suspect.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS. ANGY ALTAMIRANO

BRIEF

Man shot for using neighbor's snow shovel: Police

Newark police arrested a woman who they say arranged for a man to be shot for having used her snow shovel.

Saqirah Davis, 36, was charged with aggravated assault, weapons-related offenses and conspiracy, NBC reported, adding that officers are looking for other suspects related to a Sunday altercation.

A man told police he found a snow shovel on the sidewalk on Sunday, Philly.com reported in a related article, saying that he was using it to clear a neighbor's walkway.

The man returned the snow shovel to Davis, who accused him of having stolen it, NBC added.

Later, he was walking in the neighborhood when Davis approached him with several other men, one of whom shot the victim in the buttocks after Davis instructed him to do so, Philly.com stated.

Davis is the only person charged in the incident, and it is not known whether she has a lawyer, according to NBC. JASON NUCKOLLS

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Pope asks Iran to work for peace

Pope Francis, right, and Rouhani.

The Catholic leader urged the president of Iran to help to stop the spread of terrorism.

Pope Francis met Iranian President Hassan Rouhani in the Vatican on Tuesday and urged Tehran to work with other Middle East states to promote peace and stop the spread of terrorism and arms trafficking in the region.

Shi'ite Muslim Iran is the strongest ally of Syrian President Bashar al-Assad, while Western countries back his mainly Sunni Muslim opponents in the five-year-old civil war.

Many Western nations also accuse Iran of funding various militant groups which they deem to be terrorist organizations.

Despite being an Islamic republic, Iran has good relations with the Holy See and the Vatican has been seeking to use its influence with Teheran to help bring peace to the Middle East.

A Vatican statement spoke of the "important role Iran is called on to play, along with other countries in the region, to promote adequate political solutions to the problems that afflict the Middle East, combating the spread of terrorism and arms trafficking."

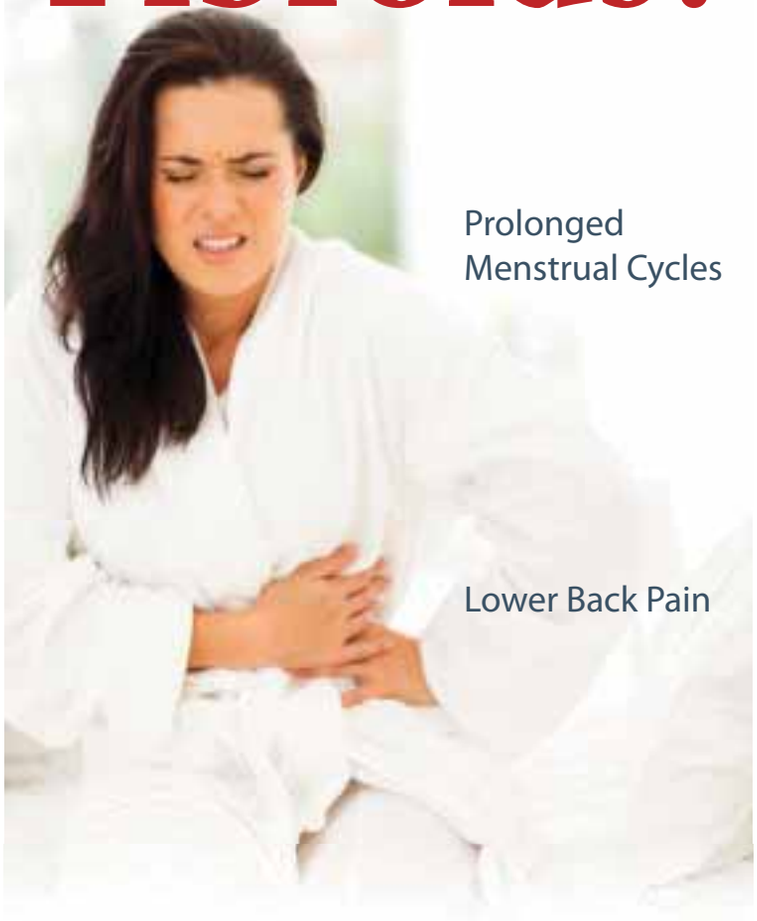
"I thank you for your visit and I hope for peace," Francis told the Iranian leader at the end of a 40-minute meeting in the pope's private study in the Vatican's Apostolic Palace.

Rouhani, who wore a white turban and black robe, asked the pope to "pray for me." He then held separate talks with top Vatican diplomats.

Rouhani is on a four-day trip to Italy and France and wants to rebuild Iran's ties with the West after financial sanctions on Tehran were rolled back some two weeks ago in the wake of its nuclear accord with world powers last year.

It was the first state

Fibroids?



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"I thank you for your visit and I hope for peace."

Francis

visit by an Iranian president to the Vatican since 1999, although President Mohammad Khatami was among the many world leaders who attended the funeral of Pope John Paul in 2005. REUTERS

BRIEF

Google Glass goes dark on its social media accounts

Four years after unveiling its wearable glass headset, Alphabet Inc's Google shut down several social media accounts linked to the Glass gadget, ending its push to popularize the pricey eyeglasses with consumers.

On Tuesday, Twitter, Facebook and Instagram accounts for Google Glass were no longer active, a development first reported on the website 9to5Google.

A statement on the Google Plus page said: "Hi Explorers, we've had a blast hanging out with you on G+ throughout the Explorer Program." It went on to instruct users to get in touch with questions on the support page for Glass.

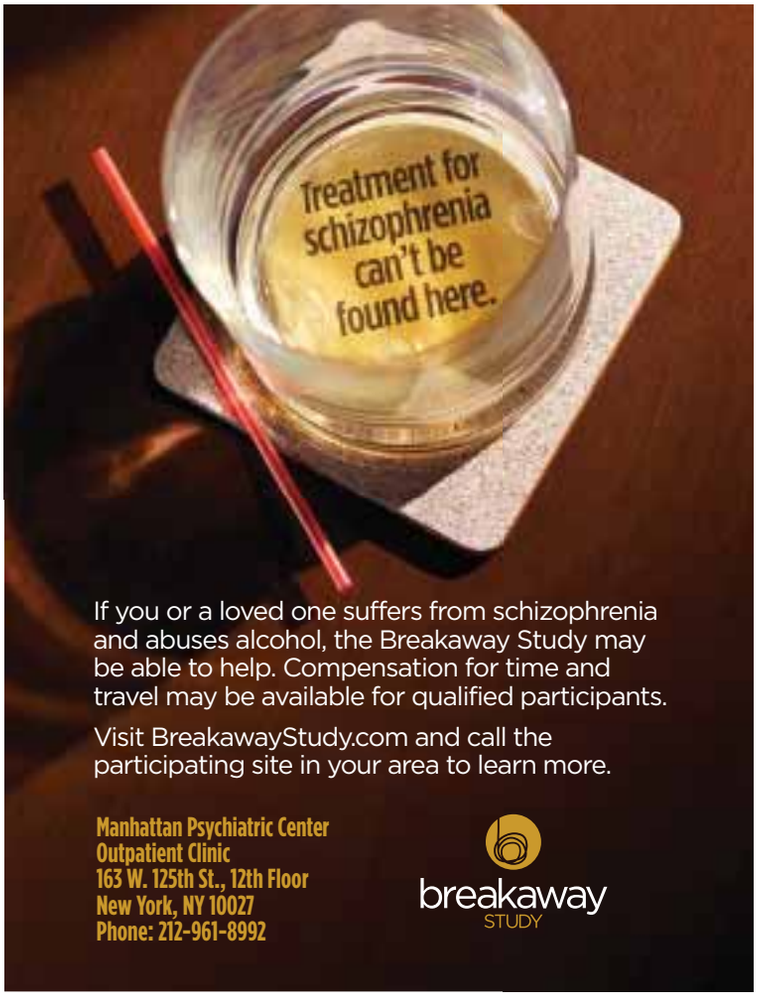
The company declined to comment on the decision.

Google stopped selling Glass to consumers last year noting that it was time for a strategy reset, and the head of the Google X research lab has since then said that the hype surrounding the $1,500 device became overblown considering it was merely a prototype and not a finished product.

Glass was greeted with enthusiasm among tech aficionados when it was first unveiled in 2012.

But the device, which allows users to access e-mail messages on its eye-level screen and to record video with a tiny camera, quickly ran into problems. Some mocked its awkward appearance, while others expressed concern it could be used to make video recordings surreptitiously. REUTERS

Google Glasses GETTY IMAGES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Actor Abe Vigoda, known for 'Godfather' role, dies at age 94

Vigoda's daughter, Carol Vigoda Fuchs, said her father died at her home in New Jersey. "He died in his sleep, of natural causes. He was not sick," she told Reuters.

Abe Vigoda, an American actor best known for roles in "The Godfather" and the 1970s sitcom "Barney Miller," died on Tuesday at the age of 94, after spending three decades jokingly refuting rumors of his demise.

Vigoda, who was adept at drama and comedy with a hang-dog face, slouched posture and slow delivery, played mobster traitor Salvatore Tessio in "The Godfather" in 1972, his first credited movie role. His character was doomed for betraying the Corleone family in the film but had a cameo role in the flashback scenes of "The Godfather Part II" two years later.

His most famous role was as the grumpy and deadpan Detective Sergeant Phil Fish in the "Barney Miller" police comedy series. He picked up three supporting-actor Emmy nominations for the part.

Vigoda spent years amiably proving he was still alive after People magazine mistakenly declared him "the late Abe Vigoda" in 1982, when he was 62. The question of his mortality became a running gag that he learned to live with.

To disprove the People report, he posed for a photo sitting in a coffin. His alive-or-dead status became an often-revisited joke in his appearances on Conan O'Brien's late-night show and in a skit on David Letterman's show, he curtly advised the host, "I'm not dead yet, you pinhead!"

Vigoda also had roles in films where his longevity was the joke and appeared with the equally well-seasoned actress Betty White in a commercial during the Super Bowl in February 2010.

The website Abevigoda.com was set up simply to give his status — "Abe Vigoda is alive" — above a photo of the actor and a date/time stamp. On Tuesday, that was changed to "Abe Vigoda is dead."

Born in New York City on Feb. 24, 1921, Abraham Charles Vigodah was the son of Jewish immigrants from Russia. His father was a tailor.

He had his first role on stage at age 17 and, dropping the "H" from his last name along the way, had modest success in theater and on television through the 1960s.

Abe Vigoda GETTY IMAGES

Vigoda was already past 50 when he got his break in "The Godfather." In an interview with CNN, Vigoda recalled being summoned to the office of director Francis Ford Coppola in an open casting call.

> *"I got the role because the producer thought I looked tired. ... But I looked tired because I had been jogging earlier that day."*
>
> Vigoda

"It seems he'd seen me in a play or plays," Vigoda said, adding that one of the reasons Coppola "was interested in me was that nobody knew my face."

Vigoda said the role opposite stars like Marlon Brando, Al Pacino and James Caan in one of Hollywood's greatest movies changed his life. REUTERS

BRIEFS

Amazon Payments' transaction volume surged in 2015

Amazon Payments' transaction volume surged in 2015, a sign that Amazon.com Inc's payment service is finally gaining traction after its inception nearly eight years ago.

The service allows customers to use their Amazon accounts to pay for goods on another retailer's website. Customers sign in to their Amazon accounts on the site where they are shopping, avoiding the necessity of entering their credit card or shipping information.

Payment volume through its "Pay with Amazon" service on other retailers' sites rose 150 percent in 2015 from a year earlier, Amazon said on Tuesday. The average size of an order was $84 during the same period. The company did not provide total value of those sales or other financial details.

Pay with Amazon, which competes with PayPal Holdings, Apple Pay and Samsung Pay, was started in 2013 after several unsuccessful attempts by Amazon dating back to 2008 to get a payments business off the ground.

Amazon charges merchants fees for each transaction, which amounts to 2.9 percent of the order value plus 30 cents. REUTERS

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‘Affluenza’ teen drops bid to block extradition to US

Ethan Couch, the Texas youth known as the “affluenza” teen for using his family’s wealth as a defense for killing four people in a drunk driving incident in 2013, has dropped a legal challenge to his deportation to the United States from Mexico, a Mexican judicial source said on Tuesday.

Couch, 18, and his mother, Tonya, were arrested in Mexico last month following a more than two-week manhunt. His mother was deported to the United States last month.

The judicial source did not know when the youth would be returned to the United States.

Couch was sentenced to 10 years of drug-and-alcohol-free probation for intoxication manslaughter, a punishment condemned by critics as privilege rewarded with leniency. He now faces the prospect of charges in the United States for violating his probation.

During Couch’s trial, a psychologist sparked outrage by saying in his defense that Couch was so wealthy and spoiled he could not tell the difference between right and wrong - hence, he was a victim of “affluenza.” REUTERS

Ethan Couch HANDOUT

BRIEF

The lizard MARK EASTBURN

Lizard lying in New Jersey pupil’s salad is now class pet

A tiny green lizard found by a New Jersey kindergarten student in a bundle of chilled salad greens at home has wriggled its way into the hearts of an entire elementary school class, which adopted it as a mascot.

The three-inch critter went unnoticed for a few days in the refrigerator in Princeton, New Jersey, before Sally Mabon and her daughter Faye found its limp body while unwrapping a bunch of tatsoi, an Asian leaf, the Newark Star Ledger reported on Tuesday.

Warmth restored its energy and soon the anole lizard was on its way to Riverside Elementary School, where it caught “oohs” and “aahs,” like flies, and quickly became the class pet.

Less Godzilla and more Geico Gecko, the lizard has been named “Green Fruit Loop” by the students.

Fran McManus, spokeswoman for Whole Earth Center, the natural foods store where Mabon bought the tatsoi, told Reuters that a Florida grower believes the lizard snuggled into the greens as they were being harvested in chilly temperatures. REUTERS

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Americans test limits of Cuba tourism

Tourist taking pictures of the old taxis in Havana, Cu

Once a rare sight, Americans are now swarming Old Havana's colonial squares and narrow streets along with Europeans and Canadians.

Cuba's tourism industry is under unprecedented strain and struggling to meet demand with record numbers of visitors arriving a year after detente with the United States renewed interest in the Caribbean island.

Its tropical weather, rich musical traditions, famed cigars and classic cars were for decades off limits to most Americans under Cold War-era sanctions, but those restrictions are fading.

Entrepreneurs and hustlers have responded by upping prices on taxi rides, meals, and trinkets. Cuban women who pose for pictures in colorful dresses and headwraps while chomping cigars are now charging $5 instead of $1.

Cuba received a record 3.52 million visitors last year, up 17.4 percent from 2014. American visits rose 77 percent to 161,000, not counting hundreds of thousands of Cuban-Americans.

Industry experts worry the island will be unable to absorb an even greater expected surge when scheduled U.S. commercial airline and ferry services are due to start this year.

As it is, foreigners face extreme difficulties booking hotels and rental cars, and those who hoped to discover Cuba before the hordes arrive realize they are too late.

Gisela Hoiman, 46, a schoolbook editor from Berlin, hoped to see Cuba "before it changes" but was disappointed to find long airport lines, ubiquitous hucksters and masses of tourists.

"Cuba is over the top with tourists right now. I've seen so many Americans, it's not even funny."

Ana Fernandez, 44, of Nashville, Tennessee

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uba. GETTY IMAGES

She was stranded in Havana when she was unable to get a spot on the bus leaving for the eastern city of Santiago.

"It was too much to handle, too many other tourists. We stood in line and were sent back and forth to different counters," she said from an Old Havana cafe with her large backpack parked on the floor. "I don't think Cuba is prepared."

The United States and Cuba agreed in December 2014 to end five decades of animosity and have since restored diplomatic ties, igniting international buzz about Cuba. REUTERS

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By Matt Edgar-Health Writer

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Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from ***real medical treatments.***

That's also why no ethical doctor would promise or guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically . Treatment with this special lubricating gel is called

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City

Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

Viscosupplementation.

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to amedical clinic in New York City, This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplemtation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... ***but the imaging proved him wrong.***

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

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OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

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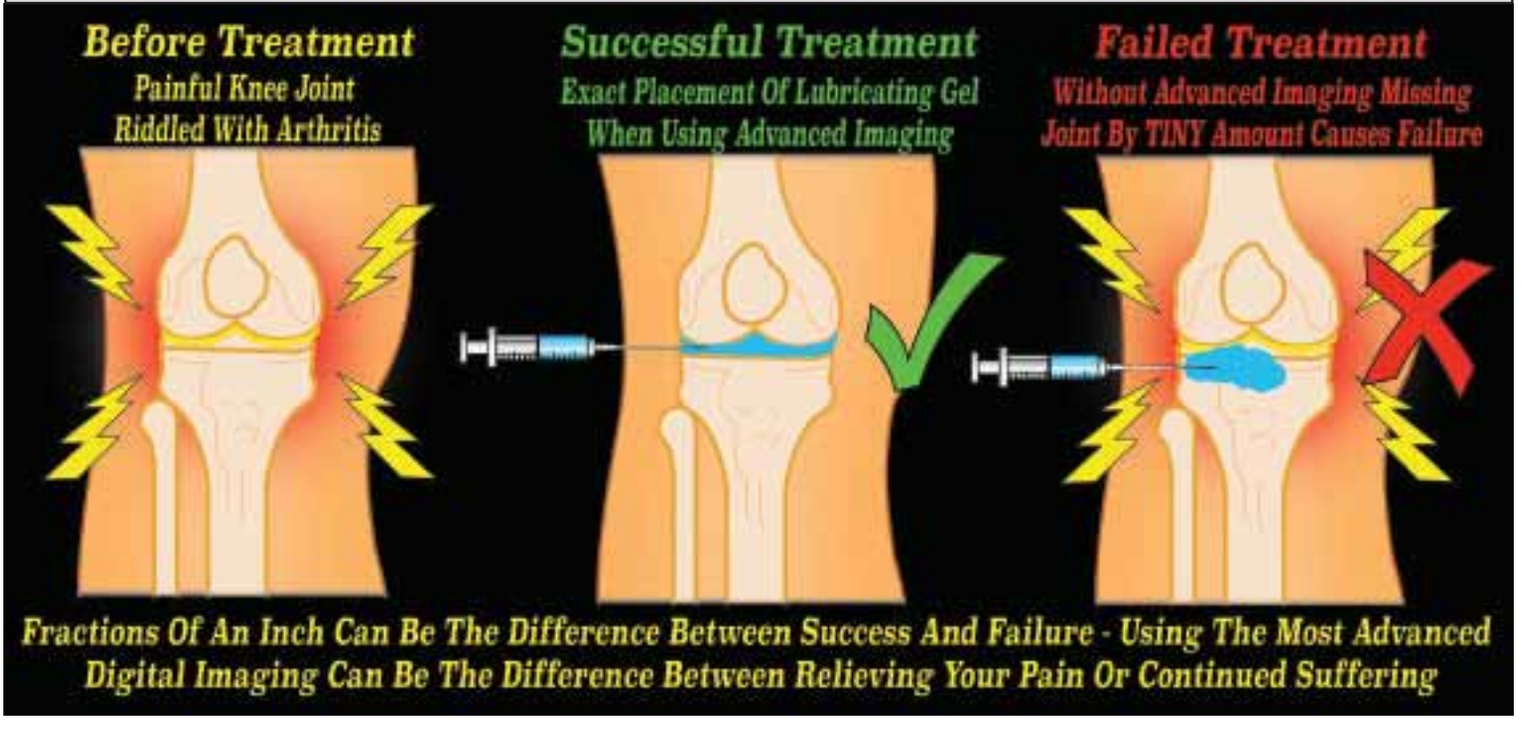
Director Alexander Garger MD	Director Gazelle Craig D.O.

Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to


Before Treatment
Painful Knee Joint
Riddled With Arthritis
Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging
Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure
Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced
Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

the word

NED EHRBAR
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B.o.B drops diss track aimed at Neil deGrasse Tyson

Oh, man. Sometimes a story comes along and entertains you, and you think that it's all done, but then it surprises you with even more goodness. And this story about B.o.B going on a tirade about how he believes the Earth is actually flat and we're all being duped by NASA and the government? This is one of those stories.

As we previously reported, the world's coolest astrophysicist, Neil deGrasse Tyson, stepped into the fray to try to talk some sense into the rapper, which was an ill-advised move on Tyson's part. I appreciate his desire to educate and to stamp out ignorance wherever he can, but some fights just aren't worth it. In fact, for his efforts he's now gotten himself his very own diss track. Yesterday, B.o.B released "Flatline" into the world via Soundcloud, a weirdly paranoid track that calls out Tyson, NASA and the Masons — for some reason, probably because conspiracy theorists love the Masons. It is as delightfully unhinged as you might imagine. I have to say, taking the time to actually try to propagate a rap beef with Neil deGrasse Tyson kind of makes me like B.o.B more, despite the idiocy of all of this.

ALL PHOTOS GETTY IMAGES

Louis Tomlinson buys his baby mama a modest home

Despite earlier reports that One Direction's first parent, Louis Tomlinson, would be springing for a lavish $10 million mansion for Briana Jungwirth and their newborn son, the British pop star has apparently settled on a "modest" three-bedroom house — as in it cost less than a million — in Calabasas, California, a celebrity-friendly enclave north of Los Angeles, according to TMZ. And apparently it's up to her to cover the cost of furnishing the home. Tomlinson himself is said to be renting a much, much nicer place to stay in L.A. proper so he can be closer to his son — but not superclose, apparently. Oh, and then there's the child support, which the exes are reportedly in the process of working out, with Jungwirth supposedly looking for $600,000 a year, according to TMZ's sources. She did hear that the band just split up, right? Maybe rein in the expectations a little?

Elizabeth Hurley
Feeling sorry for myself; in bed with a fever

Mindy Kaling
My gray hairs aren't gray, they are silver, and they are wires.

Azealia Banks
I've only been here trying to create free, open and HONEST dialogue. It does a number on my mental health to be called stupid

Matthew Perry is a little hazy on some of 'Friends'

Matthew Perry has always been candid about his substance abuse issues over the years, especially while making "Friends." And he's not changing that now, like he was when asked by a BBC Radio 2 interviewer what his least favorite "Friends" episode is. It turns out, that's kind of a tough one. "Oh my goodness," says Perry, who is in London for a play, "The End of Longing," opening next month. "I think the answer is I don't remember three years of it. So none of those ... somewhere between Season 3 and 6. A little bit of the time, I was a little out of it, yeah."

Good news for Perry, though: Every episode of "Friends" is available to stream on Netflix, so he can totally do a binge-watch and refresh his memory. Wait, should I not have used the word "binge"?

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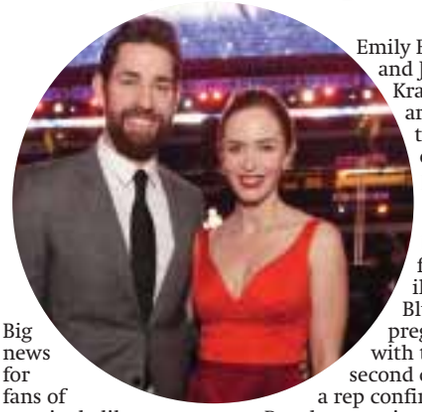
Emily Blunt expecting baby No. 2



Big news for fans of genuinely likable famous folks! Adorably married couple Emily Blunt and John Krasinski are going to be expanding their little family, as Blunt is pregnant with their second child, a rep confirms to People magazine. Blunt and Krasinski also have a 23-month-old daughter, Stella. The "Devil Wears Prada" star and "The Office" funnyman tied the knot in the summer of 2010. Here's hoping she keeps her same parenting style up with the second kid as she did with the first. "There used to be one book that everyone read, now there's 'How to Raise a Gluten-Free Baby,' 'How to Raise a Scientific Baby,'" she previously lamented to the Edit. "It's insanity! So I haven't read anything, I'm just letting her do her own thing."

Chloe Grace Moretz won't date till she's 23

GETTY IMAGES

The "5th Wave" star says she's not sure how she'd survive an apocalypse.

LUBA EGOROVA
Metro World News
letters@metro.us

Chloe Grace Moretz and Zackary Arthur try to survive an alien invasion in "The 5th Wave." CHUCK ZLOTNICK

Despite acting since age 4, Chloe Grace Moretz has just done her first YA movie with "The 5th Wave," based on Rick Yancey's series about an alien invasion that wipes out most of humanity, leaving the rest to fight back. The 18-year-old actress plays Cassie, a teen who teams up with a mysterious stranger (Alex Roe) while trying to find her brother, who's been taken by a sinister military outfit.

Cassie is untrained, but you used to save the world in "Kick-Ass" as Hit-Girl. What was it like having to regress back to a novice fighter?
It was funny because Cassie is a very different character compared to Hit-Girl. Cassie is completely untrained. She has no idea how to hold a weapon, how to load a gun, how to fight with her hands. I had to forget all the training and become a typical young woman who doesn't know how to fight or fire a gun.

Would you survive if you got abandoned or lost in the woods?
I like to think that I could survive. But who knows? I don't know if I could survive for long, especially in the woods. I hope that I would be able to at least put up a good fight.

How does "The 5th Wave" differ from the other dystopian post-apocalyptic stories for teenagers, like "The Hunger Games," "Divergent" or "Maze Runner"? Do you like those franchises?
Yeah, I do love those franchises. But I think they are very different from our story. We do a modern-day world story, which could happen tomorrow. We don't do a dystopian universe; we don't do any government issues. So it's a very, very, very different story, but they all are equally amazing.

I read that your brothers are your main critics. Did they watch "The 5th Wave"?
Yes, they did. Actually, they enjoyed it very much. And I really enjoy watching the movies with my mother and my brothers, because they give a very honest take on the films.

You said you don't want to date anyone until you are 23. Why 23?
I mean, there is no real reason. I want to hang out. I think later I'll settle down, but for now I just want to have fun.

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Hello from the other side

"Hollywood Medium" Tyler Henry helps celebs connect with the dead.

JAMIE PRIMEAU
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letters@metro.us

While some people scribble in a notebook out of boredom, Tyler Henry doodles for a different reason: to help him focus on connecting with the dead. Henry stars on E!'s new series "Hollywood Medium," which airs Sundays at 10 p.m.

Even though he communicates with the other side, don't go comparing him to Haley Joel Osment's character in "The Sixth Sense." Henry explains the difference, saying, "So much of my process is mental, so it's basically being able to pick up on images and feelings that are very internal," the 20-year-old medium and clairvoyant says.

"It's more so in my mind's eye than necessarily seeing dead people walking around. But there have been instances where I've seen physical things very clearly."

When he first noticed his gift

It all began when Henry was 10. He woke up in the middle of the night knowing his grandmother, who had cancer, was going to die. "I couldn't quite explain it. It almost felt like a memory of something that hadn't happened yet," he recalls. He got out of bed, told his mom, and moments later, they received a call that his grandmother had passed.

By age 16, Henry started working as a medium in his small town. Sure enough, word spread to Los Angeles, and he began having famous clients. This led to a TV deal.

Joining the A-list

On "Hollywood Medium," Henry meets with celebrities, providing an opportunity for them to connect and find closure with loved ones lost. The star-studded lineup includes Jaime Pressly, Tom Arnold, Bella Thorne and Nicole "Snooki" Polizzi, to name a few.

When asked if he ever gets starstruck, Henry confesses he became flustered around the aforementioned "Jersey Shore" star. But his nerves quickly subsided, he said. "As the reading progressed, I forgot about the celebrity element, and I felt like I wasn't just connecting to Snooki, I was connecting to Nicole."

Who we'll see on the show

Other cameos to look forward to? Henry teases an "intriguing" reading with NeNe Leakes that he describes as "so physically overwhelming and shocking."

There's also a memorable moment with Boy George. "I feel like that one was one of the most fascinating," he shares. "His manager actually stepped in and validated some of the information."

As for the nonbelievers, the California native isn't fazed. "I totally understand skepticism and totally embrace it," Henry says. "The proof is really in the pudding.

"If you look at the actual readings, there are so many pieces of information that are not Google-able, and on top of that, I never know who I'm reading."

It's true; he's usually driven to readings by his mom without knowing who the clients will be beforehand.

The young star admits he's constantly honing his intuitive skills, but he's enjoying his life as it is now.

"It's so incredibly gratifying for me," he says. "I feel like this is a gift that's meant to be shared."

"Hollywood Medium" airs Sundays at 10 p.m. on E! PROVIDED

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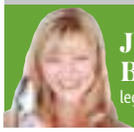
It's a great time to be a nerd

"Captain America: Civil War," with Jeremy Renner, Elizabeth Olsen, Chris Evans and Sebastian Stan, is one of the most hotly anticipated movies of 2016. It opens May 6. MARVEL

Geek Girl in Hollywood



JENNA BUSCH
legionofleia.com

This past weekend, I took a day off. So, what does a girl who writes about geek stuff for a living do when she's not working? Talk about geek stuff, of course!

This weekend's geek-out was all about how many superhero/geek movies are coming out in 2016. Someone asked me about which movie I'm looking forward to most and when I put together my list, I sounded like a hungry kid in a candy store.

I'm sure you guys have had the same discussions. "Batman v Superman," "X-Men: Apocalypse," "Deadpool," "Captain America: Civil War," "Suicide Squad," "Ghostbusters," "Star Trek Beyond," "Rogue One: A Star Wars Story," "Warcraft" — we all know the list. So, why am I writing about it? It's because I was also talking about what my 7-year-old self would have thought of this.

It's heartening to know that my niece and nephew are growing up with geeky things — that if they love this stuff, they won't be alone. They won't worry that everyone will think they're silly for voraciously reading fantasy novels under the covers until it's hard to find one they haven't read — that endlessly quoting "Star Wars" and knowing thousands of fun facts about Batman isn't going to set them apart.

To be fair, I wasn't bullied for loving all things geek as a kid. I did, however, often hide how many times I'd read the "Dragonriders of Pern" series. I maybe didn't mention that I played Dungeons & Dragons after knowing someone for only a few weeks. I knew I'd be looked at strangely or I'd get the ever popular, "You don't look like a geek." It was just easier to keep it quiet. Now, my closet is full of geek shirts that get comments like, "Dude, where did you get that Ms. Marvel shirt?" instead of, "Oh, I didn't know you were into that stuff."

Must-see television isn't "Friends" anymore. What you hear at the water cooler is, "Have you watched 'Jessica Jones' yet?" "Did you see the 'Suicide Squad' trailer?" It isn't about who's sleeping with who in a show. It's about whether or not Darkseid is being referenced in the "Batman v Superman" trailer. I've never been happier. It's a good time to be a nerd.

3 New books to read right now

When you live in a cool city, there's pressure to do, well, cool stuff all the time. But sometimes, you just want to chill. Give in to your lazy side and curl up with one of these buzzy releases.

If you're looking for a smart love story:

"Confucius Jane" by Katie Lynch

Twenty-something Jane has a job writing fortune cookie fortunes for her uncle's company. This is not where she wanted to be in her life. She had grand plans for herself, but after taking leave from school, she feels like a failure. But then she meets someone. (You knew that was coming, right?) Sutton is on the verge of being a successful doctor, but her time is torn between her work and caring for her mom, who has multiple sclerosis. Romance is the last thing on her mind, yet she's drawn to Jane the same way Jane is drawn to her. But knowing that her family would disapprove of their relationship, she has a choice to make.

If you want to be inspired to do something big:

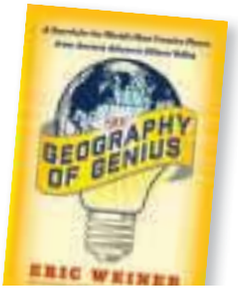
"The Geography of Genius" by Eric Weiner

Does where you live affect your creativity and brilliance? "Man Seeks God" and "The Geography of Bliss" best-selling author Eric Weiner traveled the world to find out, and the answer lies in his new book, "The Geography of Genius." Weiner deeply researched and studied how the place you live affects your mind. Did you know creative geniuses thrive in the midst of chaos? His book just might inspire you to take a trip — or stay exactly where you are.

If you want to impress your friends:

"Stories I Tell Myself" by Juan F. Thompson

Juan F. Thompson swings the door wide open about what his relationship with his father, Hunter S. Thompson, was like. Can you imagine your parents taking you to a Hell's Angels party in the forest where people were tripping on LSD? Their relationship was tumultuous, and it wasn't until Juan became a father himself that he and his dad reconciled. EMILY LAURENCE



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Crispy Chorizo & Potato Salad with Manchego, Figs, and Arugula

Our favorite salad building blocks are fresh, crunchy, a little sweet and a little salty. Keep that in mind and you can riff on this salad again and again. Try dates in place of the figs, or swap spinach for the arugula. Just be sure to season as you go: While the chorizo and manchego are pretty savory, you'll still want to season the dressing and the potatoes. Cook, relax and enjoy!

Cooking time: 30 minutes
Attributes: pork
Calories: 700 kcal/person
Allergens: milk, mustard, sulphites

What we send
- 1 lb micro gold potatoes
- 4 oz dried chorizo
- 1 shallot (2 oz)
- 1 Tbsp sherry vinegar (0.5 oz)
- 1 tsp whole grain mustard (0.3 oz)
- 3 oz dried figs (gold calimyrna figs)
- 5 oz arugula
- 2 oz Manchego

What you need
- olive oil
- coarse salt
- freshly ground pepper

Equipment
- rimmed baking sheet
- vegetable peeler

Directions:

1 Roast potatoes
Preheat oven to 425°F. Halve any larger potatoes and toss with 2 tablespoons oil on a rimmed baking sheet; season with salt and pepper. Roast until sizzling and about half tender, 10 minutes.

2 Roast chorizo
Slice chorizo into ¼-inch rounds. Add to baking sheet with potatoes and continue to roast until chorizo is crispy and potatoes are golden and tender, 8–10 minutes more.

3 Make dressing
Meanwhile, trim, peel and finely chop shallot; place in a large bowl and add vinegar, mustard, and 2 tablespoons oil. Season with salt and pepper and whisk to combine. Thinly slice figs and add to dressing.

4 Prep arugula
Trim stems from arugula, then wash and spin dry. Add to dressing but don't toss.

5 Shave manchego
Thinly shave manchego with a vegetable peeler and add to arugula.

6 Serve
Scrape potatoes and chorizo into bowl and toss to combine. Season to taste with salt and pepper. Enjoy!

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LOVE WHERE YOU LIVE

3 Millennial homeowner must-haves

Home improvements look a little different for the generation that grew up on Facebook.

MONICA WEYMOUTH
@MetroNewYork
letters@metro.us

It's no real surprise that home-improvement trends vary from generation to generation. Presumably, someone once loved that popcorn ceiling you scraped off immediately after moving in.

Same goes for the layers and layers (and layers) of floral wallpaper. As for the floor-to-ceiling wood paneling, well, the '60s gave us many gifts, and nothing in this world is free.

But a survey from Better Homes and Gardens shows that millennial homeowner trends go beyond paint preferences. According to the study — which looked at 1,600 female homeowners across the U.S. — the 35-and-under set wants more than an on-trend abode.

"Millennials are masters at putting personal expression into execution," says Jill Waage, brand executive editor for Better Homes and Gardens. "They're walking into homeownership with smartphones in the palms of their hands. They are passionate about the process of discovering, pinning, saving, sharing — and having friends validate — their ideas and look."

How does that translate to a floor plan? Here are three of the survey's most millennial-y findings.

Generation DIY

While millennials might be able to justify paying for personalized pads, this is, nevertheless, a generation that entered the workforce as the economy nose-dived. When the price tag is too high, the Pinterest instincts kick in. "They value homeownership and see it as a good investment, but their budgets are tight and they have to get creative," says Waage. "The Internet makes it easier to find sources for what they like, watch technique videos, troll for sales, search for deals and ultimately make a purchase and a plan. Plus, they get to tell all the great stories along the way about where they found the idea, what they plucked from their grandparents' attic, how they adapted it to their own home and made it work within budget."

1 Customize, customize, customize

After coming of age during the rise of social media, the real estate market's newest generation wants a home that speaks to them personally. "Millennials don't know life without being able to set, update or modify their preferences," says Waage. "From screen savers to photo filters, customization has always been a tap or a swipe away." Around two-thirds of survey respondents reported having a customized home was a priority, while 60 percent said a space that is "a reflection of me" is more important to them than to their parents. What's more, millennials are willing to pay for it: 44 percent said they're happy to pay a premium if it means getting exactly what they envisioned.

2 "Smart" features are a must

More than ever, millennials are incorporating "smart" technology to make their homes more energy-efficient, comfortable and secure. Of those surveyed, 68 percent believed that these upgrades were a good investment, while 73 percent reported feeling safer because of them. Smart appliances were the most popular improvement, but less mainstream options are on the millennial radar as well: 36 percent of those surveyed said they would like features to track their sleep habits.

3 Work, meet play

As telecommuting becomes more popular and work hours less traditional, millennials aren't content to work from the couch. Home offices are a popular improvement project, with 13 percent of respondents reporting that a work space was on the to-do list. But that's not to say it's all work and no play — compared with previous generations, millennials are also more interested in improving their recreational areas, particularly outside. On their wish lists: landscape lighting (27 percent), a fire pit (26 percent) and comfy, living-room-worthy seating (24 percent). In other words, see you never, plastic lawn chairs.

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Current Rent Range studio:	$829 - $1168
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Current Range 1 bedroom:	$1029 - $1254
Income Range:	$42,776 - $48,350 (1 person household) $42,776 - $55,250 (2 person household)
Current Range 2 bedroom:	$1186 - $1339
Income Range:	$49,123 - $55,250 (2 person household)

Monthly rent includes heat, hot water and gas for cooking. Seniors will be required to meet income guidelines and additional selection criteria to qualify. Income guidelines are subject to change. One application per household.

Applications may be downloaded from: **www.metcouncil.org/housing** or requested by mail from Met Council: Lexington Avenue Residence 120 Broadway, 7th floor New York, NY 10271

Please include a self-addressed envelope. No broker or application fee.

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For one person households, applicants must be 62 years old at the time of application; for two person households, the applicant must be 62 and the co-applicant 55 at the time of application.

Current Rent Range studio:	$1012- $1168
Income Range:	$42,120 - $48,350 (1 person household)
Current Range 1 bedroom:	$1052 - $1254
Income Range:	$43,725 - $48,350 (1 person household) $43,725 - $55,250 (2 person household)

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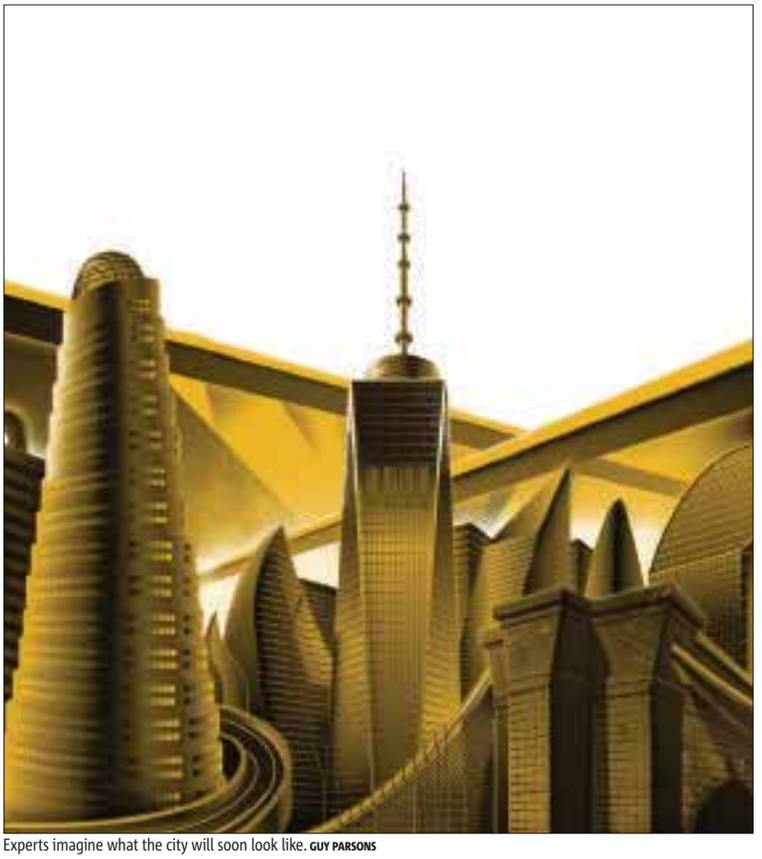


Experts imagine what the city will soon look like. GUY PARSONS

The future of NYC real estate

Kinetic buildings and 2,000-foot skyscrapers are just around the corner.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

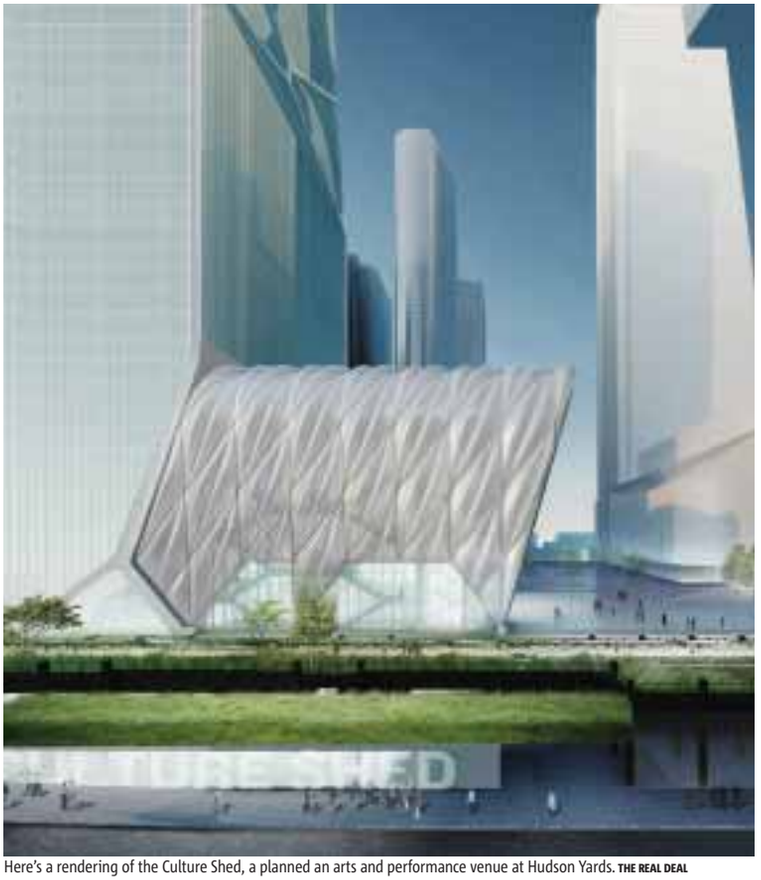
The Hudson Yards Culture Shed, a yet-to-be-built arts and performance space at 10 Hudson Yards, just might wind up being the Batmobile of buildings. Dormant, it's a glassy fortress. Animated, it will be able to extend its wings, so to speak, with a slide-out retractable exterior as a canopy.

The design is a window into the future of New York City construction and the role technology will play. This isn't to say a fleet of moving buildings will invade anytime soon, but future projects will be smarter, more adaptive and, of course, more awe-inspiring.

"You're going to start having more and more facades that are more kinetic, that react to the environment," said Tom Scarangello, CEO of Thornton Tomasetti, a New York engineering firm working on Culture Shed.

As a whole, developers are moving away from the shamelessly reflective glass boxes of the past, opting instead for transparent-yet-textured buildings as well as slender, soaring towers à la Billionaires' Row.

They are already beginning to experiment with different building materials, such as trading steel for wood in the city's first "plyscraper," which is being planned at 475 West 18th Street. And, sources say, developers will continue to find new ways of using a building's "skin" to do some of the expensive work of heat-



Here's a rendering of the Culture Shed, a planned an arts and performance venue at Hudson Yards. THE REAL DEAL

ing and cooling, partly by allowing buildings to "breathe" through ventilated facades.

With help from some of the city's biggest developers, architects, construction executives and engineers, we examined three trends that will be at the epicenter of change in the not-so-distant future. Think of it as an early rendering.

Onward and upward

Competing for height is in New York City's blood.

Since the early 1900s, with the advent of steel frames, developers have tried to set height records with buildings.

The 792-foot Woolworth Building, opened in 1913, was the city's tallest tower until 1930, when it was surpassed by the Chrysler Building at 1,046 feet. That was followed by the Empire State Building at 1,250 feet in 1931, then the first World Trade Center at 1,368 feet in 1973.

Today, Extell Development Co.'s Central Park Tower is poised to be the tallest — save, symbolically, for One World Trade Center — at 1,555 feet. But developers' mad dash to one-up each other could lead to a new (and even taller) wave of supertalls.

Making it all possible are leaps in construction technology. Reinforced concrete — a composite of concrete and a pliable material, often steel — has become stronger and allowed developers to move away from exterior support columns.

In five to 10 years, concrete and steel are likely to be 50 percent stronger, according to Stephen DeSimone, who runs the structural engineering firm DeSimone Consulting Engineers.

This will usher in towers that reach 2,000 feet or even 2,640 feet — a half a mile — DeSimone told Crain's last July. That's about two Empire State Buildings stacked on top of each other.

Skin in the game

A lot of the innovations in building design are being incorporated into exteriors — meaning that much of the city could have a far different look 10 or 20 years from now.

Over the past decade, low-iron glass has been used to create transparent buildings. Now, new features are making the exterior more integral to how a building functions.

"We're seeing a lot of emphasis on getting more to happen at the building's skin," said Brian Stacy, principal at ARUP, whose work includes the Fulton Street Transit Center and Columbia University's Jerome L. Science Center.

For example, at Related Cos.' massive Hudson Yards development, low-emission coatings on glass are being used to maximize visible light while assuring that the buildings aren't overheated. That means during the summer, the glass ensures heat is reflected from the building, while during the winter, it prevents heat from escaping.

More (outdoor) play

Many of today's new residential buildings feature penthouse terraces or communal rooftops — but that's nothing compared to what's coming.

"There's going to be a time in New York City where living without a substantial outdoor space is just going to be unacceptable. It's going to be like living in the suburbs without a backyard," said Eran Chen, founder of ODA New York. "All these towers that don't have them are going to lose their value." KATHRYN BRENZEL

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West 60th Street Apartments is pleased to announce that applications are now being accepted for 52 affordable rental apartments under construction at 175 West 60th Street, at the northeast corner of West 60th Street and Amsterdam Avenue, in Manhattan. This building is being constructed with financing provided through the 80/20 Housing Program of New York State Homes and Community Renewal. The size, rent, and income requirements of the 52 apartments are as follows:

# APTS AVAILABLE	APARTMENT TYPE*	MONTHLY RENT**	HOUSEHOLD SIZE*	TOTAL GROSS ANNUAL INCOME RANGE*** Minimum - Maximum
4	Studio	$717	1	$25,200 - $30,250
26	1 Bedroom	$770	1 2	$27,000 - $30,250 $27,000 - $34,550
14	2 Bedroom	$931	2 3 4	$32,367 - $34,550 $32,367 - $38,850 $32,367 - $43,150

# APTS AVAILABLE	APARTMENT TYPE*	MONTHLY RENT**	HOUSEHOLD SIZE*	TOTAL GROSS ANNUAL INCOME RANGE*** Minimum - Maximum
1	Studio	$566	1	$20,167- $24,200
4	1 Bedroom	$608	1 2	$21,600 - $24,200 $21,600 - $27,640
3	2 Bedroom	$737	2 3 4	$25,900 - $27,640 $25,900 - $31,080 $25,900 - $34,520

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REQUESTS must be postmarked by March 26, 2016. Completed applications must be returned by regular mail only to a different address that will be listed on the application, and must be postmarked by April 2, 2016. Applications postmarked after this date will be logged in after all other applications. Applications not sent via regular mail will not be accepted (no Fed Ex, Express Mail, Priority Mail, etc. will be accepted).

Applications will be selected by lottery.
Priority will be given to applicants who live or work in New York City and who do not live in 80/20 developments in appropriate-size units. Three units have been constructed in accordance with Federal accessibility standards (UFAS) and will be available first to qualified households with mobility or hearing/visual disabilities in log number order. All the units include features for persons with disabilities required by NYSHCR.

No broker's or application fee should be paid to anyone regarding these applications.

ANDREW M. CUOMO, Governor
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The Rangers have been highly inconsistent this season. ALL PHOTOS GETTY IMAGES

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Rangers midsea

The Blueshirts aren't exactly playing up to expectations so far this season.

ROBERT CRISCOLA
@ItsGood2BeKing
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The Rangers find themselves well within striking distance of a playoff spot, but after a strong start to the season the Blueshirts have regressed dramatically. Here's where they stand heading into the second half of the season:

B+

Forwards

Despite being only 17th in shots per game at 29.3, the Rangers have accumulated the fourth-most goals per game in the league at 2.86. That disparity may explain the Rangers' prolonged cold streak that has seen them drop further and further away from the scorching Caps in the Metropolitan Division, but the blame does not solely belong to this unit. Derick Brassard and Mats Zuccarello have been leading the charge on offense, tallying 36 and 35 points, respectively, and Rick Nash has peppered opposing netminders with a team-high 149 shots while chalking up 12 goals and 21 assists. J.T. Miller has had a breakout year, already eclipsing the 23 points he put up in 58 games last year. He has 25 points through 49 games this season, and has been on the ice for over 14 minutes per game.

C-

Defensemen

Poor play in this area has resulted in the Rangers allowing 30.0 shots per game, the fourth-worst mark in the league among playoff-eligible teams. Keith Yandle, who is shooting just 3 percent on the year, has given the puck away 46 times, the 12th-worst mark among NHL defensemen. Ryan McDonough has also been careless with the puck (40 giveaways), and Marc Staal and Dan Girardi have had down years, collecting only 23 points combined. The Rangers have also not seen much on the ice from Dylan McIlrath, a former first-round pick who has spent plenty of time in the Rangers' farm system; he has just five points in 20 contests while amassing 42 PIMs, which leads the team.

son report card

D+

Coaching

The Rangers only just won their first back-to-back games since November on Jan. 19 and 22, then promptly dropped a 3-0 decision to the Senators on Sunday. This lack of consistency is certainly not the product of a well-coached team. The Blueshirts have also been dreadful on special teams; they rank 19th in power play at 17.5 percent and 21st in penalty kill at 79.5 percent. With relatively similar personnel, the Rangers are regressing in these areas from year-to-year. Alain Vigneault and Ulf Samuelsson have a lot of work to do to get this team turned around and stringing together victories as the playoff push is set to begin.

A-

Goaltending

Henrik Lundqvist continues to be brilliant in net, and Antti Raanta has been serviceable in his limited starts behind the Rangers' cornerstone netminder. Lundqvist has a 2.41 GAA and a .921 save percentage heading into the All-Star break, while Raanta has a 2.30 GAA and a .909 save percentage in nine starts. These spiffy stats come despite some shaky defense in front of them.

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NBA power rankings | by James Toscano

No. 1

Warriors (41-4)

Monday night's game between the Warriors and Spurs was supposed to be one of the best regular-season matchups in NBA history. Instead, the Warriors blew the doors off of San Antonio. Easily the best team in the league.

No. 2

Spurs (38-7)

The Spurs went into Golden State at a league-best plus-14.4 in point differential. The Warriors then beat them by 30. So, yeah. Consider that a wake-up call. They still get three more cracks at them.

No. 3

Thunder (33-13)

Their seven-game winning streak was snapped by the Nets in Brooklyn, and they also lost backup guard Andre Roberson for at least three weeks with a sprained knee. This is a team that needs some rest during the All-Star break.

No. 4

Cavs (31-12)

The first-place Cavs fired their head coach David Blatt last week. The firing makes the Cavs' front office and LeBron look a lot worse than Blatt, though. We'll see how Ty Lue does.

No. 5

Raptors (29-15)

With all the drama going on in Cleveland these days, the Raptors came dangerously close to passing them in the power rankings this week. If they continue to build on that eight-game winning streak you can bank on it soon.

No. 6

Clippers (28-16)

Really, Blake Griffin? Punching a member of your equipment staff and injuring your hand? It's so Clippers it literally hurts. They can never just play basketball. Too much drama out in LA.

No. 7

Hawks (27-19)

The Hawks went 2-2 on their four-game road trip, which included an inexcusable loss to the Suns. I don't care that it came on a 3-pointer at the buzzer, the Hawks still have to win that game. Looks like Jeff Teague's ankle still isn't right, either.

No. 8

Heat (24-21)

An awful stretch for the Heat was snapped with a five-point win over the Bulls, but it doesn't take away the fact that they lost four straight games by double-digits, three of which were 19-plus.

No. 9

Bulls (25-19)

The Bulls are taking us all on a roller-coaster ride this season. Three losses over their last four games has Pau Gasol saying the team is "undisciplined." Oh, and Derrick Rose is hurting again — it's the back and hamstring this time around.

No. 10

Grizzlies (26-20)

Hey, look! A big game from Jeff Green! Green dropped 30 in an OT win over the Magic on Monday night. He's good for those once in a blue moon ... and then he'll disappear again. Story of his career.

No. 17

Knicks (22-24)

Kevin Durant recently called Kristaps Porzingis a unicorn, in that he can do it all at 7-feet tall. Porzingicorn has a nice ring to it. The Knicks are playing .500 hoops as of late and the playoffs are still a possibility.

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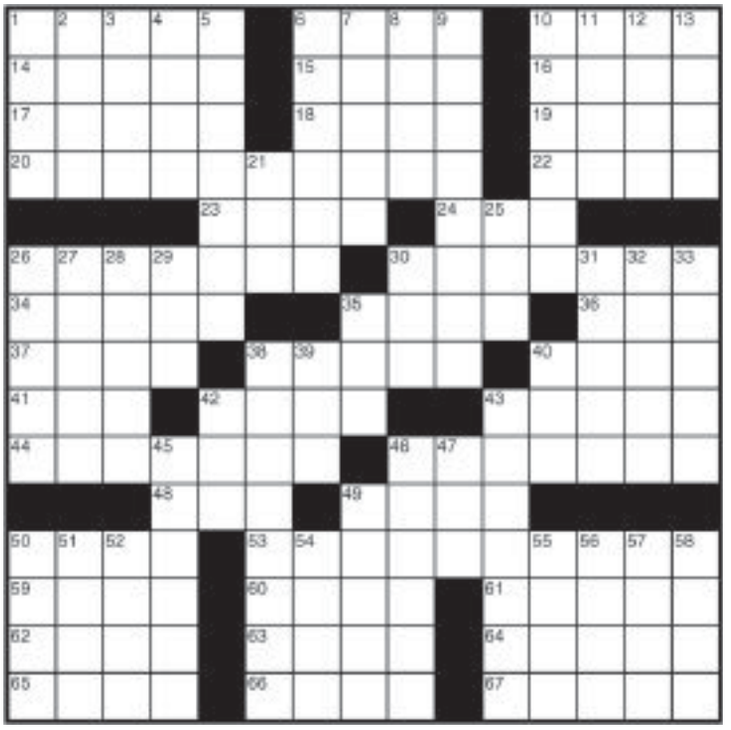

Across

1 Turbaned seer
6 Blow gently
10 Voting district
14 Shirley of "Goldfinger"
15 La femme
16 Where Mongolia is
17 Pass a bill
18 Villain's work
19 Cozy dwelling
20 Insincerity (2 wds.)
22 — a hike!
23 Ice melter
24 Academic stat.
26 River bed
30 Held tenderly
34 Gives a hand
35 "She Loves You" refrain
36 Cotton gin name
37 MIT grad
38 Web surfer's need
40 Herb or guru
41 One, in Aberdeen
42 Cronies
43 Boat crane
44 Share
46 Damsels
48 Juice-based drink
49 Twins, e.g.
50 Swing loosely
53 Tip-to-tip measurement
59 Doc Holliday's friend
60 Thor's father

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9 Wire
10 Classified (2 wds.)
11 Between ports
12 Take a chance
13 See each other
21 — Dawn Chong
25 Nonsense!
26 For a song
27 Redhead's tint
28 Novelist Horatio —
29 PBS relative
30 Bee follower
31 Say good-bye
32 British Museum's "— Marbles"
33 Counts calories
35 Fabric meas.
38 Idle-time filler (hyph.)
39 Pamplona cheer
40 Down in the dumps
42 Waterlily leaf
43 Exhibit
45 Opened, as a keg
46 Filet —
47 Washboard —
49 Type of remark
50 Sense
51 "Tomb Raider" heroine
52 Desertlike
54 — fixe
55 Audition goal
56 Of an historic time
57 Indigo plant
58 Karate levels
61 "— Doone"
62 Buffalo's lake
63 Change decor
64 Actor — Delon
65 He played Shane
66 Lament loudly
67 Raises one's voice

Down

1 Waterproof
2 Arroyo
3 Up above
4 Janitors' tools
5 Future residents
6 Flour infester
7 Lead Chipmunk
8 Cannes cop

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easy

					9	7	8	6
	4	6				9		
		3	8		2			
4			7	8		6		
			5		6			
		7		4	3			8
			6		5	3		
		2				5	7	
1	3	5	9					

hard

	9			2	5			6
	7		8		9			
3			7	1				
7	1						9	
6		2				8		7
	4						2	1
				8	7			3
			9		4		6	
5			1	3			4	

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Aries Keep a promise you made to yourself at the turn of the year and follow through with your plans. Nothing will happen if you don't take action.

Taurus You'll have everyone's attention if you speak up. Your insight and common sense will help you face anyone who opposes you. Get ready to celebrate with someone special.

Gemini Listen carefully and don't make assumptions or overreact to what's being said. Once you decide on your position, make a subtle but effective move that will help you avoid a loss.

Cancer You'll have plenty to think about and lots of options. The changes you make at home or within important relationships will add to your future stability. Romance is encouraged.

Leo Take it upon yourself to finish what you start. Once you have put the work behind you, it will be much easier to indulge in something you enjoy doing.

Virgo Attend a networking function. Discussions that allow you to share your ideas will prompt an interesting offer. Love is on the rise, and romance will improve your personal life.

Libra Don't put up with someone bullying you. Make plans to spend time with those who support your actions instead of criticizing them. Research an attractive personal change.

Scorpio Explore interests and expand your friendships. The more you interact with others, the better your options will be. A unique change at home will help you reach one of your dreams.

Sagittarius Don't share too much with others, even if you are enjoying the attention that results. Ulterior motives will lead to trouble and a loss of reputation or status.

Capricorn Don't hold back. If you want something, take it. You can reach your goal if you are diligent in the way you do things. Indulge in a romantic encounter.

Aquarius Someone will try to lead you astray with bad information. Avoid a feud by keeping your opinions to yourself and getting involved in projects you can do independently.

Pisces The help you offer will lead to an opportunity to get involved in something. Your originality will put you in a leadership position.

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Yesterday's answers

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Hexagon Word

Clues:

1. Army officers
2. Per annum
3. Preserve in brine
4. Capes
5. Ghoulish
6. Midway

Use the clues to fill in the spaces in the numbered hexagons. Each answer runs clockwise but can start anywhere in the shape. Where hexagons touch, they have the same letter. We've given you the first answer. The letters in the middle hexagon reveal a mystery keyword.

Mix 'n' Match

CON	EAL	CED
DIS	ESS	ELY
IMM	OTA	ION
OBS	CES	IST
SAB	ENS	RED
SHA	LIN	SES
SUC	TTE	THY
UNH	DUC	TOR
VIO	GRA	GED

© Lovatts Puzzles

Clues:

1. Sickly
2. Persistent preoccupation
3. Covertly destroyed
4. Favorable outcomes
5. Enormously
6. Fiddler
7. Broke into tiny pieces
8. Shamed

Take a set of letters from each column and combine them to form a nine-letter answer to each clue. Once finished, the remaining sets of letters will spell out another nine-letter word. This is your answer.

President Obama delivers his final State of the Union

In a sweeping rebuttal of anti-science philosophy, like climate change denial, President Barack Obama avoided a flurry of policy proposals in favor of big ideas at his final State of the Union speech.

Alabama chief justice: No gay marriage in my state

Judges who follow his order risk being held in contempt of court for violating the federal ruling.

Texas 'affluenza' teen taken into custody in Mexico

Ethan Couch became known as the "affluenza" teen during his trial in juvenile court, when a psychologist said he was so wealthy and spoiled he could not tell the difference between right and wrong.

Militiamen occupy wildlife refuge as dispute flares

The armed occupation is part of a decades-old conflict between ranchers and the federal government.

North Korea claims first successful H-bomb test

The news set off alarm bells in Japan and South Korea.

'Trumponomics' could cause a recession: Economists

A new report from Politico has experts explaining the Donald's fiscal plan.

Legendary rock musician David Bowie dies at age 69

A light has gone out in the world.

Wrong contestant crowned Miss Universe by host

Yes, this is real. Yes, it is so very hard to watch.

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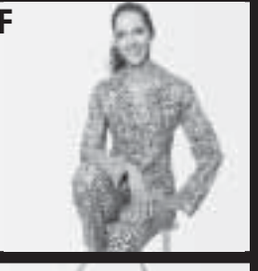

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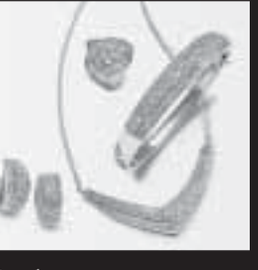

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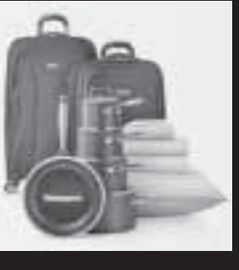

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